

Fitness Class Guidelines

- 1) Cardio Pump, Total Body Toning, Revol-X, Turbo Kick & Yoga are all \$2.00 per session when using your First Class punch card OR \$3.00 when using your Rank It punch card. Cards may be purchased at King Field House Fitness Center, M-F 0830-1200 & 1300-1600, excluding holidays and training holidays.
- 2) You MUST present a valid fitness punch card prior to class in order to participate. There are NO exceptions.
- 3) No one will be admitted to class once it has started. Class will start promptly, please show up 5-10 minutes before posted start times.

For additional info call 239-2813 or 239-3146.